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ABSTRACT

This selected bibliography provides elementary school educators with a list of books currently in print which provide supplementary resources on food, nutrition and related topics. All books listed were judged factually accurate and suitable for the grade level designated, offering material that would implement, enrich and support elementary curricula. Each citation includes author, title, publisher date, cost, a brief annotation and age level. Also included are Dewey Decimal numbers for nonfiction books. Catagory headings are: (1) Folktales and Fiction; (2) Nutrition and Food; (3) Exercise and Weight Control; (4) Plants We Eat; (5) Animal Products We Eat; (6) Technology of Food; (7) Food Experiments and Activities; (8) Food for Outdoors; (9) Gardening; (10) Food Producers-Agribusiness; (11) Food, Culture and Customs; (12) World Food Dynamics and Hunger; (13) Consumerism and Food; and (14) Careers in Foods. (MS)

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FOOD AND NUTRITION SUPPLEMENTARY RESOURCES
A Selective Annotated Bibliography for Elementary Schools, K-6

PS 009413

State of Minnesota
Department of Education
Child Nutrition Section
Educational Media Unit
St. Paul, MN 55101
1977

Introduction

This selective bilbiography provides elementary school educators with a list of food, nutrition and related supplementary resources currently in print. The scope of the bibliography reflects the significance of food in people's lives and the diverse viewpoints held about food. Books included describe the different kinds of food, the physiological need for food, nutrition as a science, and how food relates to cultural, social, economic and psychological aspects of life. The books may be used to enhance the learning of nutrition concepts in many subject areas including health, social studies, science, physical education and reading. Particular books may serve as the main teaching resources or the list may be used to guide students in the selection of supplementary reading.

All books selected supported a basic nutrition education concept as defined in the White House Conference on Food, Nutrition and Health, Final Report, 1969, were suitable for the grade level at which the book was written, were factually accurate, and implemented, enriched and supported elementary curricula. Most of these books would help develop critical thinking and objective evaluation on the part of the reader. Publications taking an aesthetic approach would help develop aesthetic appreciation. Those discussing controversial subjects gave balanced views.

The bibliography has fourteen headings. In some subject areas no elementary level books met the criteria. For example, we were unable to find an elementary level book about eating "natural" foods that provided accurate information. In certain subject areas where there was a lack of elementary level books, a more advanced book was listed. Elementary books are needed in the following subject areas: Animal Products We Eat, Technology of Food (Vicki Cobb's SCIENCE EXPERIMENTS YOU CAN EAT is an excellent example of the kind of book needed), Food Producers-Agribusiness, World Food Dynamics and Hunger, and Food For Outdoors. Even though some of these excluded topics involve complex ideas, such complexities may often be simplified for young children. An example is Aliki's GREEN GRASS AND WHITE MILK which describes simply and diagramatically the process by which grass becomes milk.

Each annotation attempts to give the essence of the book in style and content and to point out how the book relates to nutrition concepts. Classification information is given in parentheses after the bibliographical data (author, title, publisher, date of publication and price). In the case of non-fiction, the Dewey Decimal number is given. For fiction, the first two letters of the author's last name are in parentheses. The grade level range, which includes both reading and interest level, is indicated at the end of each annotation.

Books were selected from the following sources: BOOKLIST, American Library Association; SCHOOL LIBRARY JOURNAL, R.R. Bowker Co.; BULLETIN OF THE CENTER FOR CHILDREN'S BOOKS, University of Chicago Graduate Library School; HORN BOOK, the Horn Book Inc.; SCIENCE BOOKS AND FILMS, America Association for the Advancement of Science; Wilson Standard Catalogs; and review copies of books in the Educational Media Unit collection.

Mary Dalbotten, Assistant Supervisor
Educational Media Unit
Barbara Kalina, Nutritionist
Child Nutrition Section

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FOLKTALES AND FICTION

Brown, Marcia. STONE SOUP. Scribner, 1947. Lib. ed., $6.95; paper, $1.25 (E)
When the people in a French village heard that three soldiers were coming, they hid all their food. However, when the soldiers began to make soup with water and stones, the pot gradually filled with all the vegetables which had been hidden away. The simple language and quiet humor of this old folk tale are amplified and enriched by gay and witty drawings. K-3

Clymer, Eleanor. HAMBURGERS AND ICE CREAM FOR DESSERT. Dutton, 1975. $6.95 (Cl)
A lightweight parable featuring a family who lives in a country where the people eat a limited number of foods. The family is forced to expand the variety of food they eat when they are stranded on an island. May raise children's awareness of the advantages of a varied diet. 2-4

Du Bois, William Pene. PORKO VON POPBUTTON. Harper, 1969. $5.79 (Du)
PORKO is a book on the theme of gluttony. It features a thirteen-year-old, 274 pound boy who suffers through a year at prep school. His success as a hockey goalee, and the loss of 124 pounds, cause him to look forward to his second year at prep school. 4-6

Gaeddert, LouAnn. GUSTAV THE GOURMET GIANT. Dial, 1976. $6.95 (E)
Steven Kellogg's illustrations, full of details of outrageous gluttony, greatly expand this version of the familiar boy-conquers-giant theme. K-3

Greene, Ellin. CLEVER COOKS. Lothrop, 1973. $4.95; lib. ed., $5.61 (398.2)
A concoction of stories, charms, recipes and riddles (subtitle) for any storyteller planning a program around cookery. 3-6

Hoban, Lillian. ARTHUR'S CHRISTMAS COOKIES. Harper, 1972. $3.95; lib. ed., $3.79 (E)
Arthur turns a bad batch of cookies into colorful Christmas tree ornaments in this straightforward, humorous tale. Easy-to-read. K-3

Hoban, Russell. BREAD AND JAM FOR FRANCES. Harper, 1964. $3.95; lib. ed., $4.43; paper, $0.95 (E)
Bread and jam are the only foods Frances, a badger child, will eat. She comes to recognize that a varied diet has more interest than her limited one of bread and jam. K-3

Kerr, M. E. DINKY HOCKER SHOOTS SMACK. Harper, 1972. $4.95; lib. ed., $5.79 (Ke)
Dinky eats to get attention and when she gets it, she starts to unravel some of her problems. 7-10

Krasilovsky, Phyllis. THE MAN WHO DIDN'T WASH HIS DISHES; illus. by Barbara Cooney. Doubleday, 1950. $4.95; paper (Scholastic), $0.50 (E)
Absurd, delightful tale about a little man who liked to eat but not to do dishes--and how he solved his problem. K-3

Marshall, James. YUMMERS! Houghton, 1973. Lib. ed., $5.95 (E)
Poor Emily Pig goes walking to lose weight but is confronted with irresistible delicacies at every turn. Humorous illustrations. K-3

Paterson, Diane. EAT! Dial, 1975. $4.95; lib. ed., $4.58 (E)
The familiar problem of the picky eater is the subject of this hilarious and delightfully illustrated little book. K-12

Politi, Leo. THREE STALKS OF CORN. Scribner, 1976. $6.95 (E)
Angelica learns the legend of corn and its significance in the Chicano culture from her grandmother as they make tortillas and other corn products. Warm and detailed illustrations. 2-4

Sendak, Maurice. CHICKEN SOUP WITH RICE: A Book of Months. Harper, 1962. Lib. ed., $3.79; paper (Scholastic), $0.95 (E)
The author sings the praises of his favorite soup in gay rhymes and pictures for each month of the year. K-3

Stevens, Carla. HOW TO MAKE A POSSUM'S HONEY BREAD. Seabury, 1976. $6.50 (E)
Woodchuck joins Rabbit, Squirrel, and Skunk to make honey bread at Possum's place while a pouting Racoon fishes. Directions, ingredients, and baking tips are given as the animals mix, knead, let rise, bake and finally enjoy the hot tasty bread. The complete recipe is repeated at the end of the story along with three variations. PreS-1

Sunderlin, Sylvia. ANTRIM'S ORANGE. Scribner, 1976. $6.95 (Su)
The scarcity of fruit in war-torn England makes Antrim's orange a rare gift. He shares it with the important people in his life. 3-5

Towle, Faith M. THE MAGIC COOKING POT. Houghton, 1975. Lib. ed., $6.95 (398.2)
Magnificent batik illustrations illumine this folk tale about the familiar bountiful pot which serves unending rice to the fortunate man in India who finds it. K-3

NUTRITION AND FOOD

Asimov, Isaac. HOW DID WE FIND OUT ABOUT VITAMINS? Walker, 1974. $5.95 (574.1)
Asimov has written an easy-to-grasp historical account of the discovery, functions, and ongoing research in vitamins. Deficiency diseases and cures are also covered. 4-8

Berger, Melvin. ENZYMES IN ACTION. Crowell, 1971. $4.50 (574.1)
Berger tells how enzymes are produced for commercial uses and examines the diverse roles of enzymes in the human body and other organisms and in manufacturing processes, laundry products, food production, and medicine. 7-9

Buehr, Walter. SALT, SUGAR, AND SPICE. Morrow, 1969. $5.21 (664)
The first two sections give a brief history of salt and sugar respectively, along with a description of the methods used to obtain and process each. The final section explains the importance of the early spice trade and gives the characteristics and uses of 33 major spices. 4-6

Di Cyan, Ervin. THE VITAMINS IN YOUR LIFE AND THE MICRONUTRIENTS (TRACE MINERALS) WITHOUT WHICH YOU CANNOT LIVE. Simon & Schuster, 1974. $7.95 (615)

Warning against simplistic approaches to nutrition that promote only one vitamin, trace mineral, or essential food to the neglect of others, Di Cyan helps readers by defining terms, and by clarifying the importance of vitamins and minerals, and micronutrients generally. 9-12

Elgin, Kathleen. THE HUMAN BODY: The Digestive System. Watts, 1973. Lib. ed., $3.90 (612)

The digestive process is described from the time food enters the mouth to the elimination of waste materials. 4-6

Hyde, Margaret O. & Forsyth, Elizabeth H. WHAT HAVE YOU BEEN EATING? McGraw-Hill, 1975. $5.72 (641.3)

Information on what we eat, why we eat, and food's effects on us is tightly packed into this encompassing book. 7-9

Jones, Hettie. HOW TO EAT YOUR ABC'S. Four Winds, 1976. $7.95 (641.1)

Eating your ABCs means selecting foods that will supply the body with essential vitamins and minerals. 4-6

Patton, A. Rae. THE CHEMISTRY OF LIFE. Random, 1970. $1.50 (574.19)

An introduction to biochemistry describes in accurate scientific terms the composition and function of proteins, sugars, fats, amino acids, DNA, RNA, vitamins, hormones, and other compounds and processes essential to the creation and sustenance of life. 7-10

Riedman, Sarah R. FOOD FOR PEOPLE. 2nd rev. ed. Abelard-Schuman, 1976. $6.95 (612)

A revised overview of food for human consumption, from its basic nutrition properties to a broad perspective of worldwide problems. 9-12

Showers, Paul. WHAT HAPPENS TO A HAMBURGER. Crowell, 1970. $4.50 (612)

The conversion of hamburgers and other things we eat into bones and muscles and energy is simply explained. Easy experiments are included. K-3

Silverstein, Alvin. THE DIGESTIVE SYSTEM; How living creatures use food. Prentice-Hall, 1970. Lib. ed., $5.95 (612)

The book explains why digestion is necessary to all living organisms, describes the complex physical and chemical processes involved in human digestion, and compares human digestion with that of lower animals and plants. 5-7

Weiss, Malcolm E. & Weiss, Ann E. THE VITAMIN PUZZLE. Messner, 1976. $6.95; lib. ed., $6.29 (613.2)

The authors sketch in for young readers just how researchers gradually came to discover vitamins and what these substances contribute to an individual's health. The recommended dietary allowances and the use of controversial megadoses of vitamins are discussed. One of the few books on vitamins written for this age group. 3-4

EXERCISE AND WEIGHT CONTROL

Bolian, Polly. GROWING UP SLIM. American Heritage, 1971. $5.95 (613.2)
Youthful weight problems and ways to combat them are handled by the author in an appealing manner. 6-10

Gilbert, Sara. FAT FREE. Macmillan, 1975. $5.95 (613.25)
With sympathy for the social and emotional pitfalls that lead to overeating, the author gives sound advice on choosing and sticking to a diet. 5-9

PLANTS WE EAT

Aliki. CORN IS MAIZE. Crowell, 1976. $5.95 (633)
A short explanation of how corn plants grow and reproduce leads into a discussion of the origin of modern corn. The clear text is augmented by accurate diagrams and cheerful black-and-white and four-color wash illustrations. 2-4

Beck, Barbara L. THE FIRST BOOK OF VEGETABLES. Watts, 1970. $3.90 (581.6)
This book traces the historical development of common vegetables and brings in interesting folklore about their use as food. Excellent drawings. 4-6

Boesch, Mark J. THE WORLD OF RICE. Dutton, 1967. $4.95 (633)
The early beginnings and spread of rice culture, the important developments in improved crop production and utilization are portrayed against a background of geography, economics and political science. The first discovery of nutritional deficiency and the methods used to overcome the loss of thiamine in rice milling are recounted. 5-9

Elting, Mary & Folsom, Michael. THE MYSTERIOUS GRAIN. Evans (dist. by Lippincott), 1967. $4.50 (633)
The search for the self-propagating wild plant from which modern corn evolved is documented here. 6-8

Fenton, Carroll L. & Kitchen, Herminie B. FRUITS WE EAT. Day, 1961. $5.50 (634)
Describes where fruits originated and their introduction to other regions, the various uses of some fruits, and how taste and texture of some have changed with many years of cultivation. 6-8

Fenton, Carroll L. PLANTS WE LIVE ON; The story of grains and vegetables. Rev. and enl. ed. Day, 1971. $6.50 (581.6)
The story of grains and vegetables, the people who grew them in ancient times and of the influence of these food plants on the progress of mankind. 4-6

Gabriel, Ingrid. HERB IDENTIFIER AND HANDBOOK. Sterling, 1975. $6.95; lib. ed., $6.39 (635.7)
The text describes each plant, its leaves and flowers, pollination and germination processes, nutrients, medicinal uses, and culinary uses, if any, including occasional recipes. 10-12

Gerring, Elizabeth. MAPLE HARVEST. Coward, 1976. $5.95 (633)
Many fine photographs and reproductions add interest to this history of maple sugaring. 4-7

Guilcher, J. M. A FRUIT IS BORN. Sterling, 1960. $4.50; lib. ed., $4.59 (582)
Unusually fine, enlarged photographs show the life cycles of fruit. The brief text explains and shows in diagrams the structure of a pistil, follows the development of the fruit from flower to seed, and explains seed dispersal. 4-7

Hays, Wilma P. & R. Vernon. FOODS THE INDIANS GAVE US. McKay, 1973. $5.95 (641.3)
A discussion of the 80 percent of present U.S. plant foods that were introduced to Europeans by the Indians after 1492. 6-9

Johnson, Hannah L. FROM SEED TO JACK-O-LANTERN. Lothrop, 1974. $5.95; lib. ed., $5.24 (635)
A simple, concise explanation of the life cycle of the pumpkin. PreS-5

Kohn, Bernice. APPLES: A Bushel of Fun & Facts. Parents' Magazine, 1976. $4.96 (634)
A lively presentation of the history, cultivation, distribution, and varieties of apples available in today's markets. 2-4

Lavine, Sigmund A. WONDERS OF HERBS. Dodd, 1976. $4.95 (635)
An attractive introduction to the history of herbs--their cultivation and the lore surrounding them. 5-9

Limburg, Peter R. WHAT'S IN THE NAME OF FRUIT. Coward, 1972. Lib. ed., $4.64 (634)
Informally written information about each fruit's origin, history and cultivation arranged alphabetically. 5-8

Overbeck, Cynthia. THE FRUIT BOOK. Lerner, 1975. Lib. ed., $3.95 (634)
Simple language and bright, bold illustrations will help children learn about the familiar fruits around them. K-3

Rahn, Joan E. GROCERY STORE BOTANY. Atheneum, 1974. $5.95 (581.6)
Basic plant anatomy is explained by investigating plants generally found around the kitchen. Each anatomical plant part is illustrated with some common examples. 4-6

Rinkoff, Barbara. GUESS WHAT GRASSES DO. Lothrop, (1972c1971) $5.95 (584.9)
Rinkoff tells of Apache wikiups made of layers of dried grass, corn husk dolls, and other unusual uses of grasses as well as noting their value as food for animals and humans. K-2

Schaeffer, Elizabeth. DANDELION, POKEWEED, AND GOOSEFOOT; How the early settlers used plants for food, medicine, and in the home. Young Scott Books, 1972. $5.50 (581.6)
The plants are first divided by habitat and then further grouped by the purpose for which they were gathered: medicine, food, or household use. 4-7

Selsam, Millicent E. THE APPLE AND OTHER FRUITS; illus. by Jerome Wexler. Morrow, 1973. $6.95; lib. ed., $5.94 (634)
Excellent photographs illustrate this well-written account of flower structure, fertilization, and fruit growth. 3-6

Selsam, Millicent E. THE CARROT AND OTHER ROOT VEGETABLES; photos by Jerome Wexler. Morrow, 1971. $4.50; lib. ed., $4.14 (635)
The author describes the growth, development, and reproduction of representative root vegetables. In addition to the carrot, the sweet potato, beet, turnip, and radish are presented. 2-5

Selsam, Millicent E. MORE POTATOES! Harper, 1972. $3.95; lib. ed., $3.79 (635)
Because of a young girl's curiosity, her teacher arranges for the class to visit a warehouse and a farm in order to learn how potatoes are grown, harvested, and distributed. 1-3

Selsam, Millicent E. PEANUT. Morrow, 1969. $5.94 (583)
A clear, accurate text and outstanding close-up photographs describe the development of the peanut plant from seed to naturity. It notes the peanut's value as food as well as other uses. 3-5

Selsam, Millicent E. THE TOMATO AND OTHER FRUIT VEGETABLES. Morrow, 1970. Lib. ed., $5.21 (635)
Various stages of the life cycles of the tomato, snap bean, cucumber and eggplant are described and illustrated with color and close-up photographs. 2-4

Selsam, Millicent E. VEGETABLES FROM STEMS AND LEAVES; illus. by Jerome Wexler. Morrow, 1972. $4.50; lib. ed., $4.14 (635)
A good, easily understood introduction to 12 common varieties of vegetables. Clear photographs. 2-4

Silverstein, Alvin & Virginia B. APPLES: All About Them. Prentice-Hall, 1976. $5.95 (634)
Discussion includes the history and many legends surrounding the apple, its cultivation and growth peculiarities, games, crafts, projects, and recipes. 5-7

Silverstein, Alvin & Virginia. ORANGES. Prentice-Hall, 1975. $5.95 (641.3)
History, science, uses, games, crafts, recipes, and experiments relating to oranges are covered here. 5-9

Silverstein, Alvin & Virginia B. POTATOES. Prentice-Hall, 1976. $5.95 (633.4)
The book's organization and attention to the plant's history, economics, and botany will make it attractive to students needing material for assignments. 4-6

Weiner, Michael A. MAN'S USEFUL PLANTS. Macmillan, 1976. $6.95 (581.6)
Brief information is given about many plants used for food, beverages, medicine, fibers, stimulants, building materials, and manufactured products. 5-9

Young, Eleanor R. RICE. Watts, 1971. Lib. ed., $3.90 (633)
The history, cultivation, and nutritional value of rice, a food basic to millions, is concisely described. 4-7

ANIMAL PRODUCTS WE EAT

Aliki. GREEN GRASS AND WHITE MILK. Crowell, 1974. $4.50 (637)
The author tells the story of milk from the green grass of the pasture to the pasturization process in the dairy. Cheerful, precise drawings enliven the easy-to-read text. K-3

Meyer, Carolyn. MILK, BUTTER, AND CHEESE. Morrow, 1974. $5.95; lib. ed., $5.21 (641.3)
An interesting survey of dairy products that will be useful for school assignments. Part one surveys milk production, processing, and nutritional value. Part two tells of specific dairy products including butter, cheese, and ice cream. 5-7

TECHNOLOGY OF FOOD

Benarde, Melvin A. THE CHEMICALS WE EAT. American Heritage, 1971. $6.95 (664)
Chemical preservatives are not as villainous as some people think according to this review of food preservation. 10-12

Cobb, Vicki. SCIENCE EXPERIMENTS YOU CAN EAT. Lippincott, 1972. Lib. ed., $6.95; paper, $2.50 (507.2)
How to learn some basic principles of food chemistry and have the fun of eating the experiments. 6-9

May, Charles P. WARNING! YOUR HEALTH IS AT STAKE. Hawthorn, 1975. $6.95 (614.31)
A lucid and thought-provoking history of the struggle to obtain pure food and drug standards over the past 100 years. 7-12

Shalit, Nathan. CUP AND SAUCER CHEMISTRY. Grosset, 1972. $3.95 (540.72)
The author provides an opportunity to experiment with chemical elements and compounds in common foods and cleansing agents. 2-5

Silverstein, Alvin & Virginia. THE CHEMICALS WE EAT AND DRINK. Follett, 1973. $5.95; lib. ed., $5.97 (664)
A balanced presentation of the controversial subject of food additives, fertilizers, pesticides, etc. 4-6

Wise, William. FRESH, CANNED, AND FROZEN; Food from past to future; illus. by Shelley Fink. Parents' Magazine, 1971. Lib. ed., $4.96 (641.3)
How people have learned to meet their needs for food is told in a lively, readable style. 3-6

FOOD EXPERIMENTS AND ACTIVITIES

Adkins, Jan. THE BAKERS. Scribners, 1976. $5.95 (641.8)
A simple book about the pleasures of making bread. 5-8

Cadwallader, Sharon. COOKING ADVENTURES FOR KIDS. Houghton, 1974. $6.95; paper, $4.95 (641.5)
These elementary recipes call for largely unprocessed foods. Helpful advice crops up throughout, especially in regard to preserving nutrients. The selection of foods is indicative of a nutritional slant. 4-6

Cadwallader, Sharon. IN CELEBRATION OF SMALL THINGS. Houghton, 1974. $6.95; paper, $3.95 - (640)
A guide to enriching everyday life through do-it-yourself techniques used in earlier times. 9-12

Cooper, Terry T. & Ratner, Marilyn. MANY HANDS COOKING; An international cookbook for girls and boys. Crowell, 1974. $6.50 (641.5)
Forty-four countries are represented here in recipes that are carefully explained and attractively presented. 2-6

Hautzig, Esther. COOL COOKING. Lothrop, 1973. $5.95 (641.7)
Simple kitchen tools (no stove is required) and easily available ingredients will produce no-fail, fun-to-make dishes for budding gourmets in the elementary grades. Instructions for the 16 recipes--ranging from "Grapefruit Cups" to "Strawberry Mint Julep"--are simple to follow. 2-5

Johnson, Hannah L. LET'S MAKE BREAD. Lothrop, 1973. $6.50 (641.8)
A simple step-by-step approach to baking bread. K-3

MacGregor, Carol. THE STORYBOOK COOKBOOK. Doubleday, 1967. Lib. ed., $4.95 (641.5)
The twenty-two recipes in this cookbook are for foods that favorite storybook characters have eaten--Heidi's Toasted Cheese Sandwiches, Captain Hook's Poison Cake, etc. There are brief descriptions of all the stories, quotes from the books about the foods, and then recipes to follow. 3-6

Meyer, Carolyn. LOTS AND LOTS OF CANDY. Harcourt, 1976. $5.95 (641.8)
Sweet food chemistry activities. 2-4

Moore, Eva. THE COOKI BOOK. Seabury, 1973. $5.95 (641.8)
The author provides beginning bakers with twelve recipes for such favorites as snicker doodles, animal-shaped butter cookies, Christmas ornament cookies, molasses, peanut butter, and oatmeal cookies, and coconut drops, each suggested for a particular month of the year. Important tips, an illustrated cooking dictionary, and an easy conversational style make this collection of recipes as practical as it is readable. 3-5

Moore, Eva. THE SEABURY COOK BOOK FOR BOYS AND GIRLS; illus. by Talavaldis Stubis. Seabury, 1971. $5.95 (641.5)
Picture cookbook with easy-to-read, easy-to-follow, directions for cinnamon toast, hamburgers-in-the-oven, party punch and more. 1-3

Purdy, Susan. CHRISTMAS COOKBOOK. Watts, 1976. Lib. ed., $6.90; paper, $2.95 (641.5)
Cooking at holiday time is more than just cooking--it is celebration, sharing, decoration, gift-giving. Specialties are included from all over the world. 4-8

Schryver, Alice. CHINESE COOKING FOR BEGINNERS. Dodd, 1974. $4.95 (641.59)
Schryver describes the fun of shopping in a Chinese market as well as the preparation of economical and nutritious Chinese foods. 9-12

Shapiro, Rebecca. A WHOLE WORLD OF COOKING. Little, 1972. $5.95 (641.5)
More for the young amateur than for the beginner, these recipes call for uncomplicated cooking procedures and, despite the international flavor, only standard ingredients. 5-7

Stein, Sara. THE KIDS' KITCHEN TAKEOVER. Workman, 1975. Paper, $4.95; hard cover, $9.95 (641.5)
Over 120 recipes and other child-tested projects and activities that can be done in the kitchen are included here. 3-7

Stubis, Patricia & Talivaldis. SANDWICHERY. Parents' Magazine, 1975. $5.50; lib. ed., $4.96 (641.8)
The instructions for making these simple, tasty sandwiches are clear and easy to follow. K-3

Travers, P. L. MARY POPPINS IN THE KITCHEN. Harcourt, 1975. $6.95 (641.5)
These recipes are straight from the famous book character's adventures. 4-6

FOOD FOR OUTDOORS

Angier, Bradford. FEASTING FREE ON WILD EDIBLES. Stackpole, 1972. Paper, $4.95; Pyramid, $1.75 (641.6)
Suggested as a valuable guide to wild foods, this is illustrated with line drawings to aid identification and contains easy-to-follow recipes. 10-12

Gibbons, Euell. STALKING THE WILD ASPARAGUS. McKay, 1962. $9.95 (581.6)
A delightful book on the recognition, gathering, preparation and use of the natural foods that grow wild all about us. 9-12

Kinmont, Vikki & Axcell, Claudia. SIMPLE FOODS FOR THE PACK. Sierra, 1976. $4.95 (641.5)
This book is a guide to using "natural" foods while backpacking. It shows how to carry simple meals that offer nourishment, balance, and low cost. 10-12

Knutsen, Karl. WILD PLANTS YOU CAN EAT. Doubleday, 1975. Paper, $3.95 (641.3)
A guide to the identification and preparation of 24 common wild plants. Over 75 recipes show how to make main dishes, breads, teas, jams, jellies, snacks, and desserts. 9-12

Platt, Charles. OUTDOOR SURVIVAL. Watts, 1976. $4.33 (613.6)
One chapter discusses wild foods that are safe to eat and some poisonous ones. 6-8

GARDENING

Davis, Burke. NEWER AND BETTER ORGANIC GARDENING. Putnam, 1976. $5.95 (635)
Davis offers simple instructions for making a compost and for planting and preparing your garden without using insecticides. 7-9

Graham, Ada & Frank. DOORYARD GARDEN. Four Winds, 1974. $6.95; lib. ed., $5.88 (635)
The Grahams relate the experiences of two children, Tim and Jennifer, who plan, plant, and harvest their own garden. 4-6

Grounds, Roger. GROW YOUR OWN VEGETABLES. Van Nostrand, 1976. $8.95 (635)
A very thorough vegetable gardening guide recommended especially because of suggestions for gardening in small spaces and for handicapped persons. 10-12

Kramer, Jack. GARDENS WITHOUT SOIL: House Plants, Vegetables, and Flowers. Scribners, 1976. $8.95 (631.5)
Clearly explained and illustrated basics of soilless gardening are suitable for use on an individual basis or in a school greenhouse. 9-12

Rockwell, Harlow. THE COMPOST HEAP. Doubleday, 1974. $4.95; lib. ed., $5.70 (631.8)
Spare, immaculate scenes with a simple text provide information on the form and function of a compost heap. PreS-1

Walsh, Anne B. A GARDENING BOOK: Indoors and Outdoors. Atheneum, 1976. $6.95 (635.9)
Dish gardens of carrot, beet and turnip tops make easy, attractive first projects; so do bean sprouts which are easy to grow. This is gardening for rank beginners. 4-6

FOOD PRODUCERS--AGRIBUSINESS

Buehr, Walter. FOOD FROM FARM TO HOME. Morrow, 1970. $5.21 (631)
An illuminating introduction to food production begins with frontier farming, and briefly describes present-day methods of producing major farm products. 2-5

Clymer, Eleanor. THE SECOND GREATEST INVENTION; Search for the First Farmers. Holt, Rinehart, 1969. $3.59
Tools were the first great invention that made it possible for primitive people to survive; the second greatest invention was the planned food production that led to settled communities. 4-7

Floethe, Louise L. FARMING AROUND THE WORLD. Scribner, 1970. $5.95 (631)
A brief but informative travel guide to farming around the world, accompanied by bright, interesting pictures. It shows the diversification of farming methods and products. 2-4

Lewis, Alfred. THE NEW WORLD OF FOOD. Dodd, 1968. Lib. ed., $4.50 (630)
Lewis describes the progression in achieving a greater abundance of food through plant breeding, insect control, animal care, and improved methods of harvesting, storing, freezing and packaging. 5-8

McCoy, J. J. TO FEED A NATION. Nelson, 1971. $4.95 (630.973)
From prehistory to the present McCoy gives a thorough review of American agriculture. 7-12

McMillen, Wheeler. THE GREEN FRONTIER. Putnam, 1969. Lib. ed., $4.69 (630.24)
McMillen concentrates on the scientific research which developed new and improved crops and new processes for utilizing farm produced materials. 7-9

FOOD, CULTURE AND CUSTOMS

Kreidberg, Marjorie. FOOD ON THE FRONTIER. Minn. Historical Society, 1975. $10.50; paper, $6.50 (641.5)
Over 200 nineteenth-century recipes are combined with a social history of cooking practices and problems faced by Minnesotans of the last century. 9-12

Lubell, Winifred & Cecil. STREET MARKETS AROUND THE WORLD. Parents Magazine, 1974. Lib. ed., $4.96 (381)
The author tells of the unusual markets and street fairs of the past, also describing many of the markets still found today including the French town markets, the Spanish fish markets, and the bird market in Paris. 4-6

Rogers, E. N. FASTING: The Phenomenon of Self-Denial. Nelson, 1976. $6.95 (248.27)
The practice of fasting is as old as prehistory. People have fasted out of sporting instinct; for the sake of science, religion, or political reasons; and others see it as a way to modify modern eating habits. 9-12

Perl, Lila. SLUMPS, GRUNTS, AND SNICKERDOODLES. Seabury, 1975. $7.95 (641.5)
Useful for both home economics and social studies classes, this tells what Colonial America ate and why. 7-12

WORLD FOOD DYNAMICS AND HUNGER

Halacy, Daniel S. FEAST AND FAMINE. Macrae Smith, 1971. $6.25 (338.1)
The author discusses the need for food, the food chain, the conversion of food to energy, basic food stuffs, and the importance of scientific farming. 7-12

Helfman, Elizabeth S. THIS HUNGRY WORLD. Lothrop, 1970. Lib. ed., $5.61 (338.1)
The author discusses the world's hunger problem and the failure of many countries to fully use the food resources which they have. She examines the increasing rate of population growth and the efforts being made to cope with recent and future problems of food supply. 7-9

Perl, Lila. THE GLOBAL FOOD SHORTAGE. Morrow, 1976. $5.95; lib. ed., $5.21 (338.1)
A stream of statistics effectively describes the dimensions of the world's food shortage. Perl identifies some of the major factors that bear on the problem--the burgeoning world population, the effects of the energy crisis and droughts on food production and the political and economic realities that too often lead to inhumane distribution problems. 6-9

Pringle, Laurence. OUR HUNGRY EARTH: The World Food Crisis. Macmillan, 1976. $6.95 (338.1)
Written with clarity and urgency, this up-to-date report on the world food crisis concentrates on the 1970's, discussing starvation, food production, population control, politics, and attitudes. 5-7

Tannenbaum, Beulah. FEEDING THE CITY. McGraw, 1971. Lib. ed., $5.72 (338.1)
This presents basic information about how food is transported from rural areas to the city and how it is then prepared for market. 2-4

CONSUMERISM AND FOOD

Berger, Melvin. CONSUMER PROTECTION LABS. Day, 1975. $6.95 (640)
A behind-the-scenes look at how various consumer protection labs function in their efforts to maintain and raise the quality of goods being made and sold in the U.S. today. Numerous examples of research conducted by food, drug, and safety agencies are described. 6-8

Carcione, Joe & Lucas, Bob. THE GREENGROCER: The Consumer's Guide to Fruits and Vegetables. Chronicle, 1972. $6.95 (640.73)
A marketing guide useful for consumer education and home economics covers the selection and use of vegetables and fruits. 10-12

Chapman, Victoria L. LET'S GO TO A SUPERMARKET. Putnam, 1972. $3.86 (381.41)
An interesting beginning economics book in which two youngsters shop for a class party on a $15 budget. They are taken behind the scenes and told at length about produce marketing, pull dates, and USDA meat inspection. 3-5

Faber, Doris. ENOUGH! The Revolt of the American Consumer. Farrar, 1972. $4.95 (381.3)
An unbiased history of the U.S. consumer protection movement. 8-12

Gay, Kathlyn. BE A SMART SHOPPER. Messner, 1974. $5.29 (640.73)
A short, elementary consumer's lesson that emphasizes the importance of careful consideration and selection in the purchase of goods and services. 4-6

Goldbeck, Nikki & David. THE SUPERMARKET HANDBOOK. Harper, 1973. $7.95 (641.3)
An admirably simple and sensible guide to making choices at the supermarket which will bring wholesome food into the home. 9-12

McGough, Elizabeth. DOLLARS AND SENSE. Morrow, 1975. $6.95; lib. ed., $5.94 (640.73)
McGough's tips and vide ranging and practical in this teenage consumer's guide. Brief mention is made of organic foods and alert supermarket shopping. 8-12

Sanford, David. WHO PUT THE CON IN CONSUMER? Liveright, 1972. $5.95; paper, $2.95 (640.73)
Sanford peers behind the posh public relations offices into the back rooms where policies are made that decide what the consumers will buy, how much it will cost, and how it will be packaged and publicized. Special focus on several Minnesota food companies. 10-12

CAREERS IN FOOD

Sanger, Marjory B. ESCOFFIER, MASTER CHEF. Farrar, 1976. $6.95 (641.5)
The life of the famous French chef is told in a lively style, in the context of a history of cooking and eating since the time of the Medici. 10-12